

CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Connections

Summer 2016 | Volume 41

Newsletter for Families and Friends

Complementary Therapies Help Hospice Patients Find Place of Peace

Sometimes the right touch, a familiar tune, artistic expression, or a dog's wagging tail and happy face can make all the difference for someone with advanced illness.

Recognizing that people nearing the end of their life have complex needs that go beyond medical issues, Care Dimensions established a complementary therapies program six years ago. The program offers music and creative arts therapy, massage, Reiki, and pet therapy to help patients relax, connect to others, and find joy in the moment. "Hospice patients often face emotional and spiritual challenges, which can lead to stress and anxiety that can feel overwhelming," explained Sarah Shepard, Care Dimensions manager of psycho-social support services. "Our complementary therapies help ease tension and stress by connecting in a way to which the patients can relate."

For Ruby Evans, 94, of Boston, an hour-long massage from Care Dimensions therapist Nancy Davan provides much-needed pain relief and boosts her spirits.



Omar Lluminquina and his father spend time with Miley, one of our therapy dogs.

"I am more relaxed when I know that Nancy is coming," said Ruby, who has limited movement and spends most of the time in her bedroom. "When she walks in, right away we connect. She can really hit the right spot and I can tell after a few seconds she's helping," Ruby added. "I feel so good after she's been here, and it makes the rest of my day."

Reiki, a gentle stress-reduction technique, helps patients relax and eases their anxiety. One patient said Reiki allows him to "find a place of peace within that has nothing to do with my disease."

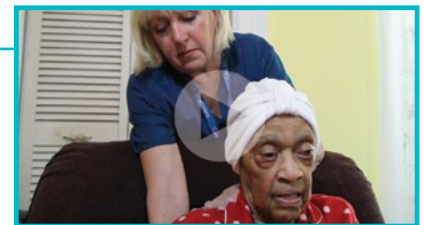
"I feel so good after she's been here, and it makes the rest of my day."

Music and pet therapy can brighten a patient's day, regardless of age. Often, therapists can connect with patients without talking. Their therapeutic tool (guitar, singing voice, or trained dog) provides all the stress relief that's needed.

The Complementary Therapies Program sets Care Dimensions apart from most hospices. Medicare and commercial insurers do not reimburse us for these therapies, but we know they are vital to our patients' quality of life. We provided nearly 4,500 visits last year—more than 10 times the number of visits during our first year of the program in 2010.

Learn more
about this
vital program

[CareDimensions.org/YouTube](https://www.caredimensions.org/YouTube)



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LETTER FROM THE PRESIDENT

This spring, we reached another milestone: Care Dimensions is serving more than 750 hospice patients per day. With an ever-growing number of patients living in the Greater Boston and MetroWest area, the need for an inpatient hospice in that region is increasingly urgent.

With that in mind, I'm delighted to share with you the exciting news that we have received the necessary permits to begin construction on our new hospice house on the Lincoln-Waltham town line. This is a critical step to bringing a new level of hospice care to patients in that region. Thank you to all those who rallied support in the community and who have supported our capital campaign to raise the necessary funds.

To keep up with our growth in MetroWest, we are moving our Greater Boston office to 333 Wyman Street in Waltham in September. This new office—just minutes away from the site of the new hospice house—doubles our space to accommodate our growing staff in the Greater Boston area.

As we begin the countdown to the 29th Walk for Hospice on October 2, I want to thank our loyal walkers and donors in advance for their unwavering support of our mission to provide care to all those who need it. We look forward to welcoming more teams and walkers to this important annual event – please join us!

Sincerely,

Diane T. Stringer
President and CEO

CARE DIMENSIONS' GREATER BOSTON HOSPICE HOUSE SET TO BREAK GROUND

Later this summer, site work and construction will begin on Care Dimensions' new 18-bed Greater Boston Hospice House located on the Lincoln and Waltham town line. Construction is expected to take 14 months, with the house opening to patients by the end of 2017 bringing a new level of hospice care to patients in MetroWest and Greater Boston.

Community support is building for the house and the capital campaign. In May, colleagues, family and friends of John T. Zaffiro held a memorial golf tournament at the Framingham Country Club to benefit Care Dimensions. An avid golfer from Lexington, John died at the Kaplan House in 2014. The tournament raised more than \$20,000 to support the construction of our new hospice house.

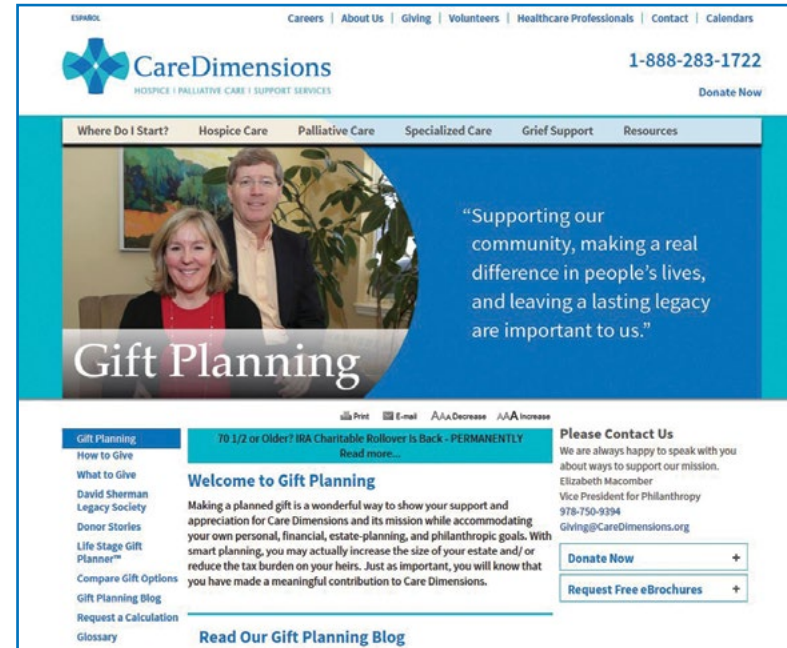


Family and friends of John T. Zaffiro at recent golf tournament.

Welcome to our New Board Member

Wanda McClain

Care Dimensions is pleased to welcome Wanda McClain to the Board of Directors. Wanda is vice president of Community Health and Health Equity at Brigham and Women's Hospital. Prior to joining the Brigham she was the director of community partnerships at Partners HealthCare. Wanda holds a Master in Public Administration degree from the John F. Kennedy School of Government at Harvard University. She currently serves on the boards or committees of several organizations including Boston After School and Beyond, Boston Private Industry Council, Commonwealth Corporation and The Dimock Center.



GIFT PLANNING TOOLS ON WEBSITE

Interested in learning more about how you can support Care Dimensions into the future by doing a little planning now? Care Dimensions has recently added a gift planning section to its website with multiple pages explaining the benefits of various types of donations (from real estate to charitable gift annuities) and offering life-stage planner tools, educational tools, blog posts and calculators. Take a tour of the new tools at www.CareDimensions.org/giftplans or call Elizabeth Macomber, Vice President for Philanthropy at 978-750-9394 for more information.

NATE LAMKIN HONORED BY MASSACHUSETTS GENERAL HOSPITAL CANCER CENTER

Nate Lamkin, LICSW, ACHP-SW, Care Dimensions' director of bereavement services and program development, was honored in May as one of "the one hundred," an annual awareness and fundraising initiative of the Massachusetts General Hospital Cancer Center. Ashley Haseotes, President & Founder of One Mission (a pediatric cancer foundation best known for their "Buzz-Off" events), nominated Nate for the honor stating:

"Nate eases the end-of-life journey for hundreds of cancer patients and their loved ones each year by coordinating a broad range of services. For some, it may be arranging for a few hours of relief from the bedside of a terminally ill loved one. For families of pediatric patients, it may be setting up counseling for siblings. I am not sure there is anything Nate has not done, or will not do, to support families during their end-of-life journey."



New Director of Provider Relations & Business Development

Genevieve Baudin has joined Care Dimensions in the newly created role of director of business development and provider relations to foster partnerships with referring health care organizations. She brings deep experience in healthcare business development, most recently serving as regional director for Genesis Healthcare.

"Care Dimensions is a very innovative, entrepreneurial organization providing the highest quality of care, support, education, and consultation within our communities and I'm thrilled to be a part of it," she said.



Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

FINDING HOPE AFTER LOSS

“Everyone is changed by the experience of grief,” explains Alan Wolfelt, Ph.D., director of the Center for Loss and Life Transition. “We, as human beings, never ‘get over’ our grief, but instead become reconciled to it.” The pain we feel does evolve over time; according to Wolfelt, it softens from being sharp, stinging and ever-present to a gradual integration of the loss, where there is hope for continued life while always remembering the loved one(s) who died.

Finding that hope, however, can feel impossible in the beginning of our grief. The recent death of a loved one – even a long-anticipated death – comes as a shock in the early stages. Grieving is probably some of the hardest work any person has to do. For most people, building a relationship with someone involves many years of effort; it’s natural, then, that letting go requires a similar effort.

“Hope is the thing with Feathers, That perches in the Soul, and Sings the Tune – without the words, and Never Stops at all.”
– Emily Dickenson

Just what is grief?

Grief is, in many respects, a journey of meaning-making, regardless of the nature of the loss. It is a normal reaction to a loss that we all need to go through to heal. The way people react to grief varies considerably. Some people experience anger, guilt, anxiety and extreme sadness. Some find themselves feeling disoriented or preoccupied, while

others experience physical symptoms, such as difficulty eating, sleeping, nausea, and headaches. Although the way people respond to grief varies, there is a universal need to express grief in order to heal.

Rediscovering Hope

Dr. Wolfelt believes strongly in people’s ability to participate in and help their own healing during grief. He outlines some steps for helping yourself when grieving:

- Be gentle with yourself. Let yourself be nurtured.
- Don’t be afraid to talk with someone. If friends or family don’t seem to understand, seek a professional, a support group, or read books/articles written for people who have experienced a loss.
- Make every effort to take care of your health, which means eating, sleeping and exercising.
- There is no timetable for how long it takes to grieve. Some may be able to move on easily, while others never heal the loss. And sometimes tragic events like the nightclub shooting in Orlando or other senseless acts and loss of life in our community may trigger extreme feelings and open wounds leading us to grieve for our loss and that of others in a very intense way.
- Create rituals that have meaning for you. Such rituals can be formal services or simple moments of reflection with loved ones.

Grieving is hard work and all of us do the best we can do. We can’t control death or ignore the natural need to grieve when it touches our lives. However, we can make the choice to take control over how we heal and find hope for the future.

FAMILIES GATHER TO REMEMBER THEIR CHILDREN



Families and Care Dimensions staff gathered at Glen Magna Farms in Danvers for our first Gathering of Remembrance: In Celebration of Our Children, for families grieving the death of a child. The gathering was guided by input from several parents and included music by Music Therapist Lisa Kynvi, Music Therapy Intern Hilary Bennett, and parent Tim Sheehy, whose daughter Megan passed away in August 2014.

“Every detail was so elegant and thoughtfully conceived and executed,” said Amy Novit, whose 14-year-old daughter, Abby, died on service with us at home in Melrose in January 2015. “I felt so cared for and elevated by the experience.”



2016 Summer/Fall Bereavement Offerings

DANVERS - Bertolon Center for Grief & Healing, 78 Liberty Street

NEWLY BEREAVED, Thursday, August 4 & September 1, 5 – 7 p.m.

YOUNG WIDOWED (AGE 50 AND UNDER), Mondays, September 12 – October 24, 6:30 – 8 p.m.

LGBTQ GRIEF SUPPORT GROUP, Tuesdays, September 14 – November 1, 6:30 – 8 p.m.

GRIEVING A VETERAN’S SUICIDE, Tuesdays, October 25 – December 13, 6:30 – 8 p.m.

YOUNG WIDOWED (AGE 50 AND UNDER), Mondays, November 7 – December 12, 6:30 – 8 p.m.

PEABODY - Peabody Council on Aging, 79 Central Street

COPING WITH GRIEF & LOSS, Fridays, September 9 – October 14, 10:30 a.m. – Noon

WALTHAM - Care Dimensions Office, 333 Wyman Street, Suite 100

NEWLY BEREAVED, Wednesday, September 28, 6 – 8 p.m.

CONCORD - Emerson Hospital, 133 Old Road to 9 Acre Corner

LOSS DUE TO ILLNESS, Call for information

Throughout the year we run Support Groups and Workshops on a variety of topics, including, but not limited to:

ADULT LOSS OF PARENT

YOGA FOR LIVING WITH LOSS

WRITING FROM THE HEART OF GRIEF

LOSS OF SPOUSE/PARTNER

LOSS DUE TO ILLNESS

SURVIVING A LOSS DUE TO SUICIDE

PET LOSS

LOSS OF AN ADULT CHILD

CHILDREN’S PROGRAM GROUPS - Resuming in the fall

Ages 4 – 12 with concurrent programming for parents/guardians

Holy Trinity United Methodist Church, 16 Sylvan Street, Danvers

*Additional locations to be added. Please call for more information.

To pre-register or for more information about upcoming programs, visit CareDimensions.org/Calendars

Advanced registration is required for all groups and workshops. Dates and times are subject to change. Although there is no charge for most support groups, donations are appreciated. For more information or to register, visit CareDimensions.org/Calendar, call 855-774-5100 or email Grief@CareDimensions.org

Fall Service of Remembrance & Light
Saturday, November 5, 3 p.m.

Christ Church Episcopal
750 Main Street, Waltham

North Shore Service of Remembrance & Hope
Sunday, November 6, 3 p.m.

Beverly Second Congregational
35 Conant Street, Beverly

Walk for Hospice

PUTTING HER FEET TO THE GROUND TO MAKE MOM PROUD

As a child, Mikki Wilson recalls her mother as a hardworking and compassionate healthcare aide, specializing in hospice care. “She would talk to me about her day and tell me about the process of dying in a way that wasn’t morbid or depressing,” said Mikki. “I could feel the love as she shared these stories with me.” Many years later, Mikki would find a degree of comfort in those stories when her beloved mother became a hospice patient.

Florence ‘Sue’ Wilson was a lively, lovely woman whom people gravitated toward. A devoted mother, she worked for close to 40 years as a hospice aide for various home health care agencies and for Care Dimensions (then Hospice of the North Shore). In 2010, Sue was diagnosed with ovarian cancer. She went through radiation and chemotherapy, all the while keeping a positive attitude. To help brighten her mother’s day, Mikki would polish her nails and toes, creating pretty and fun designs to keep Sue’s spirits up. Hence the name for Mikki’s Walk team, Tips and Toes for Flo. “I’m so grateful I could spend that time with my mom,” said Mikki. “Looking back, I realize that throughout my childhood my mother gave me the tools I would need to cope when she was at the end of life.”

When she needed hospice care, Sue and Mikki turned to Care Dimensions. Mikki knew that staying at home was important to Sue. “The Care Dimensions clinical team gave my mother the dignity and care she needed to stay at home until she died. We could not have done that without them.”

Sue’s generous spirit encouraged her children, and Mikki in particular, to make a difference. Each year Sue would attend the Hospice Tree of Lights ceremony in honor of her patients, a tradition that made an impression on Mikki. “She’d always planned to do the Walk for Hospice but then her health took a turn and she was unable to do so,” said Mikki.



Mikki Wilson with Volunteer Coordinator Fran Clements

After Sue’s passing in 2015, Mikki launched herself into several volunteer roles, including serving on the Walk for Hospice Committee. “I wanted to put my feet to the ground, volunteer and do what I knew would make her proud,” she said. To date, Mikki has commitments from several friends, family members, colleagues and community groups who are eager to support her team. “I’m throwing my energy into the now,” said Mikki. “As my mother always said, ‘If you want something done give it to a busy person.’”



SAVE THE DATE FOR OUR WALK BENEFIT PARTY

Join us for a Benefit Party to support the Care Dimensions Walk for Hospice on **Thursday, September 8, 5:30 p.m.** at the spacious and beautiful Honda North showroom in Danvers.

JOIN US FOR THE 29TH WALK FOR HOSPICE SUNDAY, OCTOBER 2, 2016

Walk to remember, walk to heal, walk to honor...Whatever your reason, now’s the time to get ready for this annual fundraiser to benefit Care Dimensions services to patients and families. Visit CareDimensions.org/Walk to register your team or make a donation. For more information call 978-223-9787.



Program updates

PRESENTING

Dr. Angelo Volandes and “The Conversation: A Revolutionary Plan for End-of-Life Care”



Join us for a community education program “The Conversation: A Revolutionary Plan for End-of-Life Care” presented by Dr. Angelo Volandes, co-founder and president of Advance Care Planning Decisions, a non-profit foundation implementing systems and technologies to improve the quality of care delivered to patients. Dr. Volandes’ talk will argue for a radical re-envisioning of the patient-doctor relationship to ensure patients are at the center of their medical care.

Thursday, November 10, 2016, 4:30 p.m.
Danversport Yacht Club
161 Elliott Street, Danvers, MA

Register online at CareDimensions.org/calendars or contact Wendy DeFelice, at 978-223-9748 or WDeFelice@CareDimensions.org

There is no charge for this event. CEUs will be submitted for nurses, social workers and certified case managers.

DROP-IN CAREGIVER SUPPORT

Are you balancing the role of caregiver to a loved one coping with a long-term illness or experiencing conflicting feels of anticipatory grief?

**Mondays, August 8, September 12 & October 17
10:30 - 11:30 a.m.**

Bertolon Center for Grief & Healing,
78 Liberty Street, Danvers

To register call: 978-223-9726 or
email PDepasquale@CareDimensions.org

GRANT ENABLES EXPANSION OF CHILDREN’S BEREAVEMENT SERVICES

Thanks to a \$100,000 Grief Reach grant from the New York Life Foundation, Care Dimensions has expanded our children’s bereavement offerings in the Greater Boston area for all children who are grieving the loss of a loved one. “We are grateful for the New York Life Foundation’s investment in this program, which will help us broaden our services to reach underserved youth,” said Nate Lamkin, director of bereavement and program development. So far, the grant has enabled us to hire a new children’s bereavement counselor for Greater Boston and to run several MetroWest/Boston area support groups. In addition to expanding our Children’s Program services to the Greater Boston area, the second goal of the grant is to establish a teen program. The New York Life Foundation created the Grief Reach program to help providers overcome barriers to bringing grief support services to youth not served by existing bereavement programs.



Mary Crowe, Care Dimensions education specialist (second from right) is joined by Shannon Sullivan, Jan Obermann, and Lynn Aaronson of the ALS Association – Massachusetts Chapter, and Keynote Speaker Richard Bedlack, MD, PhD, Duke University ALS Clinic Medical Director.

ALS SYMPOSIUM FOCUSES ON HOPE, DISCOVERY AND TREATMENT

Care Dimensions and the ALS Association, Massachusetts Chapter co-hosted a symposium to share with 200 clinicians the latest ALS research and ethical issues of interest to ALS patients and their caregivers. The program was sponsored in part by Care Dimensions’ Robert Marder ALS Educational Fund, which supports education focused on cutting-edge care for caregivers and clinicians.



The 22nd Annual *Hospice Auction & Regatta*

2016 SPONSORS

Admiral

Christine O'Neil
Kathy & Ted Truscott

Captain

Anonymous
Dr. Barbara Moore
Marty & Bill Willis
Windover Construction

Champagne Level

The Bauke Foundation

Commander

Allison & John Collins
Mary Donovan
Janet & Robbie Doyle
Jennifer & Tom Eddy
General Electric Volunteers
Tanya & Ed Hinchey
Joan Johnson
Sharp & Linhart Financial Strategies
Sarah & Peter Sherwood

Skipper

Arthur Gallagher Benefit Services
Atlantic Charter Insurance Group
Bowditch & Dewey
Kerri & John DeJesus
Allison & John Donovan
Nicole Gakidis
Andrea & David Hamilton
Judy Jacobi
Marblehead Bank
Phyllis McCarthy
Mennino Construction
Peter Morse
National Grand Bank
North Shore Endodontics Associates, P.C.
North Shore Medical Center
Dianne & Sarah Reich
Ribcraft USA
Shubies
Mary Stewart, Coldwell Banker
Meryl & Christopher Thompson
Stephen Thompson

An enthusiastic and supportive crowd of 280 guests enjoyed the annual Hospice Auction and Dinner at Boston Yacht Club in Marblehead on June 17. Thanks to the success of the auction, fund-a-need donations, mystery gift bags, and many generous sponsors, over \$370,000 was raised to support patients and their families when it matters most. Guests bid on 18 unique items, including Meg Black's signature artwork, "Memories of Marblehead," which raised \$25,000. Attendees enthusiastically contributed an amazing \$53,000 to help underwrite the Complementary Therapies program – including music and creative arts therapy, massage, Reiki, and pet therapy – which helps patients relax, manage pain, communicate, and live as fully as possible.

Most importantly, we thank our 20-member committee, co-chaired by Jessie Morgan, Christine O'Neil, and Meryl Thompson, for sharing their time, talent and enthusiasm to make this a truly memorable event. We are also grateful to the Boston Yacht Club officers, committee members, and staff for generously hosting our events, and to all the businesses and donors who contributed items for our live auction and mystery bags.

On a warm and sunny Father's Day with perfect sailing conditions, Karen Tenenbaum and the Boston Yacht Club Race Committee organized a dynamic course for 26 boats to compete in the Annual Hospice Regatta, with *Knotless* owner Ken Bowden going on to represent Care Dimensions at the National Hospice Alliance Regatta.



1. Event Tri Chairs ~ Meryl Thompson, Christine O'Neil, and Jessie Morgan.
2. Joan Johnson and Paul Zekos.
3. Jim Flanagan, Phil DiCarlo and Jennifer Flanagan.
4. Christina Ferri with Andrea and Gary Gregory.
5. Walter Bauke from The Bauke Foundation offering the Champagne Toast.
6. Peter and Jessie Morgan, Melissa and Adam Root and Fiza Singh.
7. Mary Ellen Kaczynski, Chris McCann, and Diane Stringer.
8. Christine O'Neil, high bidder on the signature artwork, and the artist Meg Black.
9. John Gurman, Caroline Driscoll, and Jane and Charlie Smith.
10. Judy Boal, Marty Boal Willis, Allison Bradford.
11. Ed and Tanya Hinchey.

Support from the Community



NORTH SHORE HELLENIC WOMEN'S GUILD SUPPORTS NEW HOSPICE HOUSE

Care Dimensions President Diane Stringer (second from left) accepts a \$10,000 contribution from North Shore Hellenic Women's Guild members Elaine Zetes, Harriet Delyan, and Penny Kanellos. The funds, which the women's group raised at its 2015 Christmas party, will support the building of Care Dimensions' new hospice house in Lincoln.

BRICK CEREMONY BRINGS FAMILIES TOGETHER

On Saturday, June 18, over 200 people attended the 2016 Brick Dedication Ceremony at the Kaplan Family Hospice House to dedicate bricks inscribed for their loved ones.

If you would like to dedicate a brick in memory or in honor of someone, please contact Heidi Hatch, Development Associate, at 978-750-9338 or email HHatch@CareDimensions.org.

YOUTH IN PHILANTHROPY DONATION

We are grateful to the Foundation for MetroWest's Youth in Philanthropy, Sudbury students who selected Care Dimensions to receive a \$1,000 grant. Students presented the check to Monica Alley (far left), our Greater Boston bereavement coordinator.



The Ang family gathered to remember their loved one.



Since it was established in 2011, the David Sherman Legacy Society has grown in both its number of members and bequests. Founded to recognize the largest bequest received in our history and to honor David Sherman's memory, the society recently held a luncheon highlighted by a presentation from Care Dimensions Creative Arts Therapist Lisa Kynvi.

For more information about joining the Legacy Society, please contact Elizabeth Macomber, VP for Philanthropy at 978-750-9394 or email EMacomber@CareDimensions.org

Volunteer focus

EVENTS SAY THANK YOU TO OUR VOLUNTEERS

In June, we held two volunteer appreciation events to say thank you to our fantastic volunteers who give so much of their time and energy to support our patients and their families.



(l-r) Ellen Bussone, Robin Hoffman, Susan Sullivan and Janice Johnston at the recent North Shore reception.



(l-r) Bill and Leslie Patton with Meghan Gardner at the recent Greater Boston reception.

VOLUNTEER VOICES

In her recent blog post for Care Dimensions, Lisa Alcock of Weston and Gloucester writes about what inspired her to become a hospice volunteer and donor, and the joy that volunteer work brings her.

"Last summer, friends invited me to a Care Dimensions event that introduced plans for a new hospice house on the Waltham-Lincoln line," Lisa recalls. "The volunteers were the people who most moved me. They were grateful to be a direct part of Care Dimensions' services to those at the end of life and their families." After completing hospice volunteer training, Lisa soon came to understand the gratification of hospice work.

"I feel quite lucky to be on this journey with my patients"

"One patient I worked with was a former teacher and gardener. She suffered from glaucoma, so boldly colored flowers filled her room at her long-term care facility. During my first visit, I offered to read to her. She was drifting in and out on morphine, and my reading seemed to give added peace from her pain. The next visit, I turned to the poetry of Robert Louis Stevenson. Her breathing shifted, and she seemed a lot more comfortable. I called her daughter one night, looking for more reading suggestions. In a pleasant

OUR NEXT VOLUNTEER TRAINING SESSIONS

MetroWest Area

Day Class: Wednesdays, September 14 – November 2 ~ 9 a.m. – noon
Emerson Hospital, 133 Old Road to Nine Acre Corner, Concord
To register or receive additional information, please contact Jane Corrigan at 781-373-6574 or JCorrigan@CareDimensions.org

Danvers

Day Class: Fridays, September 16 – November 4 ~ 9 a.m. – noon
Kaplan Family Hospice House, 78 Liberty Street, Danvers
To register or receive additional information, please contact Fran Clements at 978-750-9349 or FClements@CareDimensions.org

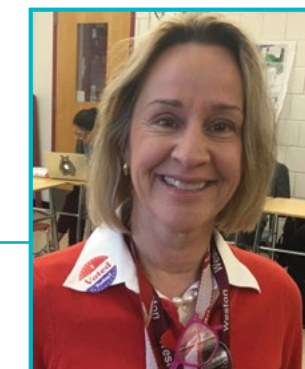
Sign up online at CareDimensions.org/volunteers

coincidence, she told me her mother loved anything by Robert Louis Stevenson, and I told her how much her mother enjoyed her bright decorations," explained Lisa.

"The next morning my patient passed on. What are the odds that with a single phone call, my patient's daughter and I would have the chance to each realize that our gestures had helped this patient experience the kind of death we would hope for? There is great reassurance knowing firsthand that with the caring involvement of others, end of life can be filled with comfort and even joy," Lisa writes. "The gestures of offering support at that time are small, but the impact on both the volunteer and the patient is immeasurable."

Read Lisa's full blog article

CareDimensions.org/VoicesOfCare





CareDimensions™

Compassionate expertise for advanced illness

75 Sylvan Street, Suite B-102
Danvers, MA 01923

For the latest news and events,
please follow us online:



We'd like to keep you informed, however, if you no longer wish to receive this newsletter or future fundraising requests to support Care Dimensions, formerly Hospice of the North Shore & Greater Boston, please contact the Development Department by email at Philanthropy@CareDimensions.org or call 978-223-9787.

Please join us

Upcoming Community Events

- **Walk for Hospice Benefit Party**
Thursday, September 8 at 5:30 p.m.
Honda North, Danvers
- **We Honor Veterans Breakfast Receptions**
Dates and locations to be announced
- **Fall Service of Remembrance & Light**
Saturday, November 5, at 3 p.m.
Christ Church Episcopal, 750 Main Street, Waltham
- **North Shore Service of Remembrance & Hope**
Sunday, November 6, at 3 p.m.
Second Congregational Church, 35 Conant Street, Beverly
- **Care Dimensions presents Dr. Angelo Volandes**
Thursday, November 10, at 4:30p.m.
Danversport Yacht Club, Danvers
- **Tree of Lights Ceremonies**
Gloucester, Monday, December 5 at 5:00 p.m.
Danvers, Tuesday, December 6 at 5:00 p.m.
Swampscott, to be announced

29th Annual



Sunday, October 2, 8 a.m.
St. John's Preparatory School, Danvers



Register today!
CareDimensions.org/Walk